

OTTAWA

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NEWS  
WORTH  
SHARING.

## Teflon chemical found in brains

Dangerous PFASs travel up the food chain and have been found in humans and polar bears alike, Danish researchers say

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## Robots have feelings, too

Interactive e-skin contains sensors that react to touch and can be wrapped around android limbs

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## OH WELL, LA-DI-DA ...

IS ANNIE HALL THE GREATEST WOODY ALLEN MOVIE OF ALL? METRO'S RANKING OF THE MASTER'S WORK CONTAINS SOME SURPRISES

PAGE 8



# Body ID'd as missing North Dundas woman

**Death being treated as homicide.** Friend remembers Melissa Richmond as a 'sweet, loving, very caring, giving person'



JOE LOFARO  
joe.lofaro@metronews.ca

A search party co-ordinated by military professionals and backed by hundreds of concerned citizens from as far as the United States wasn't enough to find Melissa Richmond.

Ottawa police confirmed Monday evening that a post-mortem examination revealed the body found in a ravine by a South Keys parking lot Sunday was that of the 28-year-old woman of North Dundas who went missing Wednesday.

Ottawa Police and the OPP are treating her death as a homicide. No suspects have been identified.

OPP found the woman's car near the South Keys Plaza Friday, but it wasn't until Sunday morning that an Ottawa police officer discovered her remains behind Kelsey's restaurant by



Police officers recover Melissa Richmond's body from a ravine located behind the Kelsey's restaurant on Bank Street, Sunday.

JOE LOFARO/METRO

Bank Street.

Her friend of 10 years, Shelley Rabinovitch, told Metro friends were already bringing food to Richmond's house Monday night soon

after police confirmed their worst fears.

"She was a sweet, loving, very caring, giving person," said Rabinovitch. "She had her whole life in front of her and

the person who took her life has taken a part of the lives of dozens of other people."

She said her husband's colleagues in the Canadian Armed Forces conducted a thorough

search on the ground and online for Richmond, whose friends say it was out of character for her to disappear without keeping in contact.

Friends quickly set up a Fa-

### Information requested

- Anyone with information is asked to call the Ottawa police major crime section at 613-236-1222, ext. 5493, or the OPP at 1-888-310-1122, Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

cebook page, Help us find Melissa Richmond, and circulated a missing person poster.

"There were truck drivers from South Carolina that have had that poster emailed to them by other people that are on the page. The support has been amazing," said Rabinovitch.

Richmond had no enemies or stalkers, according to Rabinovitch.

The tragic news already sunk in for Richmond's long-time friend, but she said she still wants to know why it took police until Sunday morning to find the body.

"As soon as that car was found they should have been checking the entire length of the ditch," said Rabinovitch. "We're all asking that."

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Contempt of parliament

## Liberals pressured Speaker to drop ruling: Opposition

Senior officials in former Ontario premier Dalton McGuinty's office conspired to pressure the Speaker of the legislature to change a preliminary ruling that found the Liberal government in contempt of parliament, the opposition parties charged Monday.

The Progressive Conservatives and the NDP said the latest batch of emails released on two cancelled gas plants shows the Liberals tried to convince Speaker Dave Levac to change his preliminary ruling that then energy minister Chris Bentley was in contempt for not releasing all the documents on the energy projects.

One email from long-time Liberal campaign chair Don Guy made it clear the party wanted the contempt ruling quashed.

"Speaker needs to follow up on his prima facie finding and change his mind," Guy wrote in an email Sept. 21, 2012, to senior staff in McGuinty's office and to the former premier's brother, Brendan McGuinty, who worked on the election campaign.

THE CANADIAN PRESS

Chapel and Charlotte

## Rideau renewal project means more traffic woes

The Rideau Street Renewal project is set to extend to Chapel and Charlotte streets beginning July 31 until November 2013, the city announced Monday.

Westbound traffic will remain steady during construction but detours are in place for eastbound traffic. OC Transpo bus routes using Rideau are also being rerouted. Access to local businesses and residences will be maintained throughout the project.

The ongoing work is a \$28.9-million infrastructure renewal project that will replace aging infrastructure and aims to improve an important transportation link in Ottawa's downtown core, says a press release.

HELEN PIKE/FOR METRO

# Scouts volunteer faces sex charges

A 30-year-old Scouts Canada volunteer who is facing 18 sex offences involving three minors was released on bail and placed under house arrest Monday.

Scott Graham Stanley was arrested Thursday after a year-long Ottawa police investigation into alleged incidents with three boys under the age of 16 stemming from 2012. He was charged with six counts of sexual assault, six counts of sexual interference with children under the age of 16, three counts of invitation to sexual

touching, and three counts of telecommunication with a person under 16 for sexual purposes.

As evidence was disclosed in court, Stanley wiped tears from eyes and hung his head low inside the prisoner's box. The evidence is protected by a publication ban.

As part of his release conditions he is not allowed to leave home without being accompanied by one of his surities. He is also forbidden from communicating with the three complainants or anyone under

the age of 18. He is also banned from using a computer or any electronic device with Internet capabilities. The justice of the peace released him on a \$21,000 bond.

Stanley is scheduled to appear in court Aug. 29.

On Friday Scouts Canada said that it had suspended Stanley May 12 for not following the organization's safety policy. The accused also worked for the City of Ottawa's aquatics unit and is suspended without pay, city officials said in an email. JOE LOFARO/METRO



Scott Graham Stanley, centre, leaves the Ottawa courthouse Monday with his mom and stepfather. JOE LOFARO/METRO

# Hudak hits hustings in Liberal stronghold

## Provincial byelection. PC leader stumped for Ottawa South candidate Matt Young in an attempt to wrest the riding from the Grits

HELEN PIKE  
ottawa@metronews.ca

It was Progressive Conservative Leader Tim Hudak's turn to canvass in Ottawa South Monday, one day after Premier Kathleen Wynne stumped for her party's candidate.

Hudak and the PC's candidate Matt Young went door knocking in the riding in advance of Thursday's provincial byelection.

Hudak took the reins on the conversation with local reporters, saying that for a community that has been under Liberal stronghold for decades, he thinks he sees movement towards change.

"Send the Liberals a message that we can do a lot better than this. I mean, do you really think that after all the scandals, the waste, the gas plant, OPP investigations, do Kathleen Wynne and the Liberals really deserve your vote?" he said to reporters. "The Liberals have held this seat since 1987. There is no doubt it's an uphill battle but I'm just sensing a growing momentum at the door."

A recent poll put Young 14 points ahead of Liberal candidate John Fraser, who served as former Premier and Ottawa South MPP Dalton McGuinty's assistant for years.

"There's one party that actually is going to move our province forward, and the other party is stuck in the past," says Hudak.

Hudak and Young held a small press conference on Marie Papazian's doorstep. Papazian said she was frustrated with statements Wynne made Sunday, when the premier suggested that progressive voters in Ottawa South should



Tim Hudak and Matt Young take a break from canvassing to speak with the media at Marie Papazian's doorstep Monday. HELEN PIKE/FOR METRO

vote Liberal.

"They (Liberals) need Ottawa South voters that think progressively," she says. "I think progressively and I may not fall into her stereotype but I don't

like being cast as not progressive if I don't vote for her."

Young said he will canvass up until the last minute, running from door to door to speak with voters.

# Parks Canada has maintenance backlog

Ottawa's Rideau Canal is one of seven sites Parks Canada wants an independent consultant to assess as the federal agency prepares its plan to deal with a massive maintenance backlog.

Parks Canada issued a tender Monday to have a consulting firm review its National Asset Review, completed last year.

While that review is not yet public, details in the tender document reveal the agency is concerned with a growing

backlog of maintenance and upkeep for culturally significant assets, as well as roads, bridges and dams under their jurisdiction.

"The agency has identified asset management as a key corporate risk, as underinvestment has been a chronic issue for many years and has resulted in an exponential increase in the backlog of maintenance and recapitalization requirements," the document reads.

Parks Canada estimates that the "replacement value" of its asset portfolio exceeds \$15 billion, up from an estimated \$7 billion to \$11 billion in a 2009 audit.

In an emailed statement Monday, Parks Canada said the agency spent an average of \$100 million a year on upkeep since 1999.

Parks Canada wants the consultant to make a number of site visits, including at the Rideau Canal, the Halifax Citadel,

and the Yoho National Park in British Columbia. In addition, the consultant would assess the agencies methodology and results in their 2012 asset review.

NDP environment critic Megan Leslie applauded recent moves by the Conservative government on new national parks in Canada's North and Nova Scotia's Sable Island, but said sufficient resources have to be devoted to fulfilling Parks Canada's expanded mandate.

ALEX BOULTIER/METRO

1 NEWS

# Hundreds rage at police after an officer guns down teenager

**Toronto streetcar slaying.** Assurances from police chief do little to quell outrage

Hundreds of protesters shouted at police and called for justice Monday as they gathered at the spot where a young man was shot dead in an altercation with Toronto police on a streetcar.

The mother and sister of Sammy Yatim, 18, were among a crowd of protesters that stretched more than a block as marchers headed to the intersection where the teenager died on Saturday morning.

The death has sparked a flood of anger at police, who have suspended the officer involved. The crowd chanted



Sammy Yatim, 18  
FACEBOOK

“Shame!” with a handful of protesters angrily confronting police monitoring the march. Protesters briefly stopped and vented outside a police station.

Ontario’s police watchdog is probing the incident, which was captured on video. Yatim was reportedly armed with a knife when he was shot.

Police Chief Bill Blair said the force will do all it can to answer the public’s questions.

In addition to the Special Investigations Unit probe, he said he would be conducting a review to see if police procedures were followed. **THE CANADIAN PRESS**



## Head-on train crash leaves dozens of passengers injured

A police officer works at the site where two passenger trains collided head-on in Granges-pres-Marnand, western Switzerland, on Monday. Police say at least 35 people have been injured, five seriously. One person had yet to be recovered from the wreckage Monday night. **LAURENT GILLIERON/KEystone/THE ASSOCIATED PRESS**

## Mountie found not guilty of lying in Taser death

An officer who was among the four Mounties at the Vancouver airport the night Robert Dziekanski died has been found not guilty of lying at a public inquiry into the Polish immigrant’s death.

B.C. Supreme Court Justice Mark McEwan raised doubts about the Crown’s theory that Const. Bill Bentley and the other officers colluded on their stories to homicide investigators and then lied at

the inquiry. He noted civilian witnesses made the same sort of mistakes as the Mounties.

Bentley was the first to be tried for perjury for his testimony during the 2009 inquiry into what happened

the night Dziekanski was hit with a Taser and died.

Video evidence, taken by a passenger, contradicted some of Bentley’s note and statements.

**THE CANADIAN PRESS**

Érika, age 23  
Graphic Designer

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# SEX ISN'T FOR POLITICOS TO DECIDE

Politicians aren't really known for being a particularly prudish bunch — Anthony Weiner, Bill Clinton, Eliot Spitzer and other public officials have had their share of high-profile sex scandals. And yet, a number of public figures made headlines last week for their sexually conservative policies.

American politician Ken Cuccinelli recently launched a web campaign aimed at resurrecting Virginia's Crimes Against Nature law, which would ban oral and anal sex between any two individuals. If passed, the law would make certain sex acts a felony with no consideration of context, effectively turning happily consenting, pleasure-seeking adults into sex offenders.

Across the pond, British Prime Minister David Cameron announced a new initiative to restrict access to online pornography throughout the country. This default porn filter will automatically block access to all sexually explicit websites and



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

British citizens who are interested in viewing racy content will be forced into having a very awkward conversation with their service provider.

Both Cuccinelli and Cameron cite "protecting children" and "family values" as justification for their overreaching policies. "Family values" being one of those vague phrases that has no concrete meaning and is employed emphatically by right-wing politicians to attack everything from gay marriage to working mothers to Gossip Girl.

There's no doubt that this is tricky territory. Obviously, intervention is necessary when it comes to things like child pornography, exploitation and sexual predators, but allowing government bodies to regulate what is or isn't sexually acceptable behaviour among the masses is a very slippery slope. I can't help but think of the overzealous minister in Footloose who is determined to outlaw rock music and dancing in his fic-

tional Bible-thumping town.

Whether you agree with Cuccinelli's Crimes Against Nature law or Cameron's porn filter, you have to admit that both policies seem utterly impossible to enforce. This effort to BAN ALL THE NAKED THINGS is just an exhausting waste of time and public resources.

Sex is everywhere, online and in person, and it comes in seemingly limitless varieties. Teaching our children that sex is something that is immoral and should be forbidden is going to create confusion and unhealthy attitudes toward their own sexuality.

When it comes to sexual pleasure, government officials should have no right to come between two consenting adults — or between an individual and a computer screen, for that matter.

Rather than finding new ways to control private (and legal) sexual activities, we should focus on having frank discussions with our children about sex and the dangers of the web.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

# It's down for a dogfight



OLIVER EHMIG/SOLENT NEWS/REX FEATURES

## Dog parachutes from airplane

An elite air-force unit has a new weapon for fighting crime — a parachuting dog. A Belgian shepherd named Jany jumps out of the aircraft at more than 1,000 feet, while attached to the chest of an officer. The explosive detector dog makes dozens of jumps with the Colombian Group of Air Special

Commands, specially set up to counter crime and terrorism.

The 90-man-strong group is tasked with combating terrorist and criminal activity at all of Colombia's airports. Each paratrooper carries their field equipment on their body for the jumps, which are fraught with danger as landing areas are often covered with anti-personnel blast mines.

**METRO**

## Photographer's view

**"She (Jany) was extremely calm during the flight and was euphoric when she touched the ground."**

Oliver Ehmig, photographer. Ehmig captured the moment Jany and her tandem partner Jorge Herrera leapt into action.

## This canine can ...

- **Belgian malinois.** Related to the German shepherd, this breed of canine is popular with armed forces and the police for its loyalty and ability to detect explosives and drugs.

## Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**A pleasant side effect of the proliferation of longform interview podcasts is that the demand for guests opens up space for people who aren't promoting a book or a film — people who just happen to be interesting. Here are three that capture a wide range of interests.**

## Kevin Pollak's Chat Show

Marc Maron's WTF is arguably ground zero for the feature-length chat with neurotic celebrity types, and Kevin Pollak's is among the best of the comedian herd who followed him into the genre.

## Radio Open Source

Christopher Lydon plays host to a series of guest experts on topics ranging from what to make of the mess in Afghanistan, the collective art of revolutions and theories on the structure of organized crime.

## Inner Compass

The religious overtones of Inner Compass may be a little uncomfortable for some, but it frequently fades into the background as guests discuss everything from the evolution of hip hop to becoming an accidental activist in Myanmar.



## Twitter

**@metropicks asked: Justin Trudeau said he supported legalizing marijuana when he unexpectedly stopped by a rally in Vancouver last week. Do you think this will bolster the movement?**

**@TheRealTuretz:** I doubt it will have any real impact, since only stoners would let that influence their vote, and they're notoriously lazy.

**@Vickivancouver:** @robdelaney please save @Canada

**Follow @metropicks and take part in our daily poll.**

## Letters

Do we wait for someone else who is mentally ill to commit a crime? Or do we try and change our society that acts only after the crime has been committed. The government offers little help to the families that are fighting for their adult children's lives to keep them from harming others and themselves.

What a tragedy we are facing. How many times do we hear or read that someone has been murdered due to the mental state of another? As a society we have buried our heads in the sand because our government chooses to not deal with this issue. Time for change.

**Kerin Swift, Surrey B.C.**

## WE WANT TO HEAR FROM YOU:

Send us your comments: [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)



# Hudson's Bay to open Saks stores in Canada

**Retail.** Following \$2.9B acquisition of U.S. retailer, HBC will roll out chain's luxury and discount banners north of border

Hudson's Bay Co. says it will open up to seven full-line Saks stores in Canada and about two dozen locations under a discount banner once it completes a \$2.9-billion US friendly deal to acquire the U.S. luxury retailer.

"We're going to move as quickly as we can," Richard Baker, HBC's chairman and chief executive, told analysts during a conference call on Monday.

"We think there's a lot of opportunity for us to accomplish that rollout relatively quickly."

Saks currently operates 42 stores, including its flagship Saks Fifth Avenue in New York.

HBC says it may transform some of its The Bay stores into Saks locations, open new Saks



A Saks store in New York is shown in this file photo. Canadian retailer Hudson's Bay Co. says it will pay \$2.9 billion US to acquire U.S. retailer Saks Inc. THE ASSOCIATED PRESS

stores in existing buildings or, in some cases, build new stores from the ground up.

The retailer says it also plans to open up to 25 Saks Off Fifth discount stores in Canada and is eyeing the possibility of starting a real estate investment trust.

Paul Swinand, an analyst Morningstar, said the deal will give HBC a portfolio of prime U.S. real estate.

"There's no way they could have accessed these real estate assets at any other price, or in

## Quoted

"We're going to move as quickly as we can. We think there's a lot of opportunity for us to accomplish that rollout relatively quickly."

Richard Baker, HBC's chairman and CEO

any other way," said Swinand.

"These are assets in locations where you couldn't get that size of a store otherwise."

The combined portfolio of The Bay stores in Canada, Lord & Taylor in the US Northeast and Saks locations would comprise more than 32 million square feet of retail space, said Baker.

"The combination of Saks and HBC real estate creates an unmatched, highly valuable North American retail real estate portfolio, with a coast-to-coast footprint serving three strong banners," Baker said.

THE CANADIAN PRESS

## Teflon. Scientists find consumer chemical in polar bears' brains



Researchers say a type of pollutant called PFASs can travel up to the top of the food chain, where polar bears are found. THE CANADIAN PRESS FILE

Polar bears in East Greenland have dangerous pollutants that also appear in Teflon in their brains, according to Danish researchers.

"Other pollutants dissipate into the environment, but these don't," says lead researcher Rune Dietz, professor of wildlife biology and toxicology at Aarhus University in Denmark.

"And they don't exist in polar bears' habitat either. A lot of the production of products with these substances now takes place in China. (Our findings) show how far these pollutants are able to travel."

The dangerous chemicals, known as PerFluoroAlkyl Substances (PFASs), are in everyday items like Teflon pans and textile coatings. When a lowly fish species eats the chemical, and is then eaten itself, the chemical moves up the food chain.

## Lax regulation in China

- "The increase in PFASs in humans and polar bears is very frightening," says Danish researcher Rune Dietz. "The good news is that production of products using these pollutants peaked in 2006. But it's still worrying that there's still very little regulation of PFASs in China."

The chemicals travel long distances inside the bodies of the various fish species and marine mammals, and eventually arrive in polar bear habitats. "When you get to the top of the food chain, where the polar bears reside, you get the highest concentration of these toxins," explains Dietz.

ELISABETH BRAW/METRO WORLD NEWS

## Tech trends

### Smartphone ownership is surging, poll finds

Not only is smartphone ownership way up in Canada, users are getting increasingly addicted to their mobile devices, suggests a report released by Google.

Based on online surveys with 1,000 Canadians earlier this year, the report estimates that 56 per cent of adults were using a smartphone, up from 33 per cent in early 2012.

About eight in 10 smartphone owners said they don't leave home without their mobile device. Two-thirds of them said they had used their phone every day in the past week.

About 35 per cent said they'd become so reliant on mobile connectivity that they'd give up TV before having to part with their smartphone.

THE CANADIAN PRESS

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you make more of it. After all, CGAs are among the top 5% of income earners in Canada. (If you don't recognize that this is a good stat, we would suggest that accounting isn't for you. But you did recognize it.)

**At the office, the team is thriving and your efforts are noticed.** You're respected by your co-workers and, more importantly, you're respected by the boss. More respect means more invitations to golf outings, after which there is slightly less respect (because no accounting designation can help with your short game).



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## DVD reviews



### G.I. Joe: Retaliation

Director. John M. Chu

Stars. Dwayne Johnson,  
Byung-hun Lee

● ● ● ● ●

G.I. Joe: Retaliation is a case of ADHD masquerading as a movie, hiding behind incoherent directing, writing and editing to minimize mayhem so as to secure a kid-friendly rating. It's like a giant explosion on a distant planet, observed but not felt. The stolid Dwayne "The Rock" Johnson joins grumpy Bruce Willis as the new top square-jaws of the changing cast, most of the original players having wisely opted for better gigs or early story exits. Based on an action figure and cartoon, G.I. Joe is reduced to an incomprehensible blur of throbbing testosterone tin men (and women), who rat-tat-tat their machine guns and shout inanities at each other. Even when something really big happens — say a major world city being blown up — the effect is like being hit with a clown's Nerf bat.

PETER HOWELL

# Woody Allen: The good, the bad and the ugly

## Director's cut.

Filmmaker's body of work is nothing but prolific — here Metro ranks the best to the worst from 1969 to the present

### MATT PRIGGE

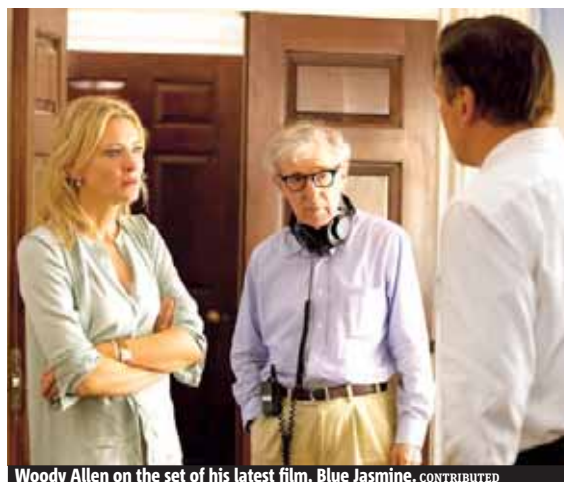
Metro World News in New York

It's that time of year again — that is, when Woody Allen releases his annual film. The exact time of year fluctuates. (In the '90s, it was always in the fall, in time for Oscars. For the last few years he's been an improbable summer movie filmmaker.)

And whenever one of his new films is released, it's time to do that thing when you sum up his career, looking back over his rather daunting body of work — a film per year, with few exceptions, since 1969!

Jordan Hoffman, over at Film.com, has done a terrific film-by-film ranking of Woody's 43 1/3 films, though he also includes some that he only wrote and/or acted in, like What's New, Pussycat?, Play It Again, Sam, and The Front. (It feels weird calling him "Allen" — which is, in fact, his actual first name — and especially "Mr. Allen," a la The New York Times.)

It's a great round-up, one not afraid to mount cogent defences of such runs like Shadows and Fog and Another Woman.



Woody Allen on the set of his latest film, Blue Jasmine. CONTRIBUTED

And here, without any neurotic self-deprecation, is ours. (Note: This is only theatrically-released films, not TV work, including the impossible to find Men of Crisis: The Harvey Wallinger Story — which, if anyone has a line on...)

#### Stone-cold masterpiece

- Love and Death (1975)
- Manhattan (1979)
- Bananas (1971)
- Annie Hall (1977)
- Sleeper (1973)

#### Near-masterpiece

- Radio Days (1987)
- Hannah and Her Sisters (1986)
- Broadway Danny Rose (1984)
- The Purple Rose of Cairo (1985)
- Crimes and Misdemeanors (1989)
- Deconstructing Harry (1997)
- Zelig (1983)
- Manhattan Murder

#### Mystery (1993)

#### Really, incredibly good

- Stardust Memories (1980)
- Take the Money and Run (1969)
- Everyone Says I Love You (1996)
- Husbands and Wives (1992)
- Bullets Over Broadway (1994)
- Stardust Memories (1980)
- Blue Jasmine (2013)
- Vicky Cristina Barcelona (2006)
- Sweet and Lowdown (1999)

#### Quite solid

- Match Point (2005)
- Everything You Always Wanted to Know About Sex (But Were Afraid to Ask) (1972)
- Another Woman (1988)
- What's Up, Tiger Lily? (1966)
- Oedipus Wrecks, his contribution to New York Stories (1989) (this is his 1/3 film)
- Mighty Aphrodite (1995)
- A Midsummer Night's Sex

## List justifications

Love and Death, our number one, is not always cited as Woody Allen's best straight-up comedy, much less his best overall film. People tend to gravitate toward Sleeper, which is a touch more sophisticated and reined-in. But that's why we love this: this movie is insane. It's incredibly dense, with parodies of Dostoyevsky and Ingmar Bergman and Sergei Eisenstein flying madly about. (It's crazy this is one of his biggest money-makers.) However, it's his last full-on comedy before the hybrid of comedy and drama that is Annie Hall.

#### Comedy (1983)

#### Problematic, but mostly positive

- Anything Else (2003)
- Cassandra's Dream (2005)
- Interiors (1978)
- To Rome, With Love (2012)
- Midnight in Paris (2011)
- Whatever Works (2010)
- Shadows and Fog (1991)
- Celebrity (1998)

#### Problematic, with less merit — but some

- Hollywood Ending (2002)
- Scoop (2006)
- Small Time Crooks (2000)

#### Pretty bad — but, you know, not entirely worthless

- September (1987)
- The Curse of the Jade Scorpion (2001)
- Alice (1990)
- Melinda and Melinda (2004)

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metro





Amanda Bynes ALL GETTY IMAGES

## Bynes' rocky bond with parents revealed ahead of conservatorship bid

Amanda Bynes' parents may be the last people she wants in control of her life and finances, as the troubled actress and her mom and dad have always had a tense relationship, at least according to Bynes' former pal Ana Rivera, a model, who says Bynes resents her "overprotective" parents for

"telling her what to do and pushing her into acting, a career she never wanted," Rivera tells Radar. "She said she'd never been close to her family." Bynes' psychiatric hold has been extended, and a court date is set for next week to review her parents' bid for a conservatorship.



Cory Monteith

## Monteith 'will forever be in my heart,' says Lea

Lea Michele is breaking her silence online after her *Glee* co-star and real-life boyfriend Cory Monteith died of an overdose earlier this month.

The actress posted a photo of her and Monteith on Twitter Monday, along with a message thanking her followers for "helping me through this time with your

enormous love & support." She added: "Cory will forever be in my heart." Monteith was found dead July 13 in Vancouver. An autopsy revealed the 31-year-old actor died of an overdose of heroin and alcohol. He and Michele played an on-again, off-again couple in the popular Fox series and were an off-screen couple for about a year.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Oh to see an exciting Brad and Jen tiff at this year's TIFF



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Brad Pitt and Jennifer Aniston, both happily engaged to other people eight years after their divorce, MIGHT spot each other at this September's Toronto International Film Festival, and this MIGHT be a big deal, because they MIGHT hug hello, and they MIGHT talk, and they

MIGHT wish each other well, and this will cause the universe to implode (if the folks at *Us Weekly* have anything to do with it, that is). A normal, civilized, post-divorce catch-up sesh surely is off the table for these two because in media, civil exes are boring. We want to catch these two either a) in a blowout as big as a *Real Housewives* fight, or b) with their pants down in the bathroom at the Four Seasons Toronto. If they're anything like normal Americans, though, they'll just be courteous and chat for a few minutes. Either that or pull the ol' "Oh, my ex is here? Let me pretend to look very busy on my phone for the next hour and a half."



Lindsay Lohan

## Lohan back to work after 90-day rehab stint

Thanks to 90 court-ordered days in rehab, it's been a fairly quiet summer for Lindsay Lohan, but that all changes this week. The troubled starlet will be released from her treatment facility Wednesday, and she's reportedly set to jump straight into promotional work for her controversial new film,

*The Canyons*, according to the *New York Post*. First there's a Twitter Q-and-A Friday with the film's director, Paul Schrader, and writer, Bret Easton Ellis. Lohan is rumoured to be joining them. After that, the actress reportedly has her heart set on heading to the Venice Film Festival with the film.



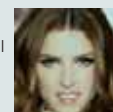
Lisa Kudrow

## Phoebe and Chandler never wanted it to end

While talk of a *Friends* reunion movie may be dead in the water, stars Matthew Perry and Lisa Kudrow admit they wish the show hadn't gone off the air when it did. "If I had a time machine, I would like to go back to 2004 and not have stopped," says Perry, sitting in for Piers Morgan on his talk show,

with Kudrow serving as his guest. Kudrow agrees: "If it were up to us, you know, individually, then yes. I would keep going," she says. "There would have come a time anyway when someone would have said, 'We've had enough.' But why not have fun until they do?"

### Twitter



@AnnaKendrick47

dated a guy who slammed my PB&J shut when he got frustrated w my need for peanut butter to be perfectly distributed. We did not last long.



@bobsaget

Thinking of changing my name to ;-)



@DanaDelany

Is anyone else having trouble updating the apps on their iPad?

3  
LIFE

## The summer fat breakdown

You know some fun foods are bad for you, but how bad? We're listing the best to worst

MICHELLE CASTILLO, METRO WORLD NEWS  
Nutrition data from My Fitness Pal

1

LIGHT OR REGULAR  
LAGER

Total fat: 0 g / Cholesterol: 0 mg



2

WATERMELON  
(BALLED, 1 CUP)Total fat: 0.2 g / Polyunsaturated:  
0.1 g / Monounsaturated: 0.1 g /  
Cholesterol: 0 g

3

STRAWBERRIES  
(1 CUP)Total fat: 0.5 g / Polyunsaturated:  
0.2 g / Monounsaturated: 0.1 g /  
Cholesterol: 0 g

4

COLESLAW WITH  
MAYONNAISE (1 CUP)Total fat: 3.1 g / Saturated: 0.5 g /  
Polyunsaturated: 1.6 g / Monounsatur-  
ated: 0.9 g / Cholesterol: 10 mg

5

PINA COLADA WITH  
RUM (8 OZ)Total fat: 4 g / Saturated: 3.5 g /  
Cholesterol: 0 g

6

VANILLA ICE CREAM  
WITH CONE  
(SMALL, MCDONALD'S)Total fat: 5 g / Saturated: fat: 3 g /  
Cholesterol: 15 mg

7

MACARONI SALAD  
WITH MAYONNAISE  
(1 CUP)

Total fat: 9 g / Cholesterol: 8 mg



8

CHOCOLATE CUPCAKE  
WITH FROSTING

Total fat: 10 g / Cholesterol: 0 g



9

POTATO CHIPS  
(28.3 G)Total fat: 10 g / Saturated: 1.5 g /  
Cholesterol: 0 g

10

FRIES  
(SMALL, MCDONALD'S)Total fat: 11 g / Saturated: 1.5 g /  
Cholesterol: 0 g

11

## FALAFEL SANDWICH

Total fat: 14 g / Saturated: 2 g /  
Polyunsaturated: 6 g / Monounsatur-  
ated: 6 g / Cholesterol: 0 g

12

PEPPERONI PIZZA  
(1 SLICE)Total fat: 14 g / Saturated: fat: 6 g /  
Cholesterol: 30 mg

13

HOT DOG WITH BUN,  
NO TOPPINGSTotal fat: 18.2 g / Saturated: 6.9 g /  
Trans 0.5 g / Cholesterol: 34.4 mg

14

POTATO SALAD WITH  
MAYONNAISE (1 CUP)Total fat: 20.5 g / Saturated: 3.6 g /  
Polyunsaturated: 9.3 g / Monounsatur-  
ated: 6.2 g / Cholesterol: 170 mg

15

CHEESEBURGER  
(0.25 LBS, GRILLED)Total fat: 21 g / Saturated: 4 g /  
Cholesterol: 144 mg

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What is TMD?



Best Health

## Soothe those insect bites



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In the Summer issue of Best Health, on newsstands now, we feature an article by freelance writer Michelle Villett, who has rounded up the options available for taking the itch out of insect bites.

### Tablets

Benadryl Allergy Caplets are an oral antihistamine containing diphenhydramine, which helps reduce the swelling of the skin from any insect bite or sting, and reduces the itching from mosquito bites and ant stings. But it can be sedating, so other good options are remedies containing loratadine (in Claritin Allergy), cetirizine (in Reactin) and desloratadine (in Aeries).

### Topical antihistamines

These are less potent than



Take a bite out of your pain. ISTOCK PHOTOS

oral remedies but can still soothe itchiness: After-Bite Gel, Benadryl Itch Cream, Claritin Skin, Polysporin Itch Relief or Lanacane.

### Natural remedies

Taking an oatmeal bath helps soothe pain and itching. Aveeno Daily Moisturizing Bath is anti-inflammatory and helps skin retain moisture. Or you could try applying a paste of baking soda and water to bites or stings; the sodium bicarbonate

can reduce itch.

There's also an exciting new option for prevention. Health Canada has just approved an all-natural oral mosquito repellent that also claims to repel black flies and other biting bugs. It's called Mozi-Q. Tablets contain staphysagria, a substance derived from delphinium plants. Find it at health-food retailers.

**FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.**

# Let's get physical ... right after breakfast

**Health food.** Dig into a bowl of cereal designed to ensure you and your partner are late for work

**MICHELLE CASTILLO**

Metro World News

Start your day right with a few tablespoons of, no, not Lucky Charms or Frosted Flakes. We're talking Sex Cereal. The "scientifically-formulated" blends are made specifically for men and women to enhance their sexual abilities.

It might sound a bit nutty, but creator, president and CEO Peter Ehrlich says that these all-natural foods are things that people have been eating for centuries to spice up their love life — only this time, they've gathered the best ingredients and combined them in an easy to eat snack. We talked to Ehrlich



Hungry? Try some sexual health. CONTRIBUTED

about how he came up with the idea for the cereal and what happens to you if you eat the other gender's mix.

### How did you come up with the idea for this product?

I walked into a vegetarian vegan fair. You know

vegetarians and vegans take themselves very serious. Everything was straightforward and pedantic. There was no humour. I came out of that vegan fair thinking, "Wouldn't it be great if we created a cereal that would be great for your sexual health?" It had to be different for men and women because biologically men and women are different.

### What is the difference between the men's and women's blend?

When you think of Viagra, it creates a vascular effect so a man can get what he wants. The cereal has camu camu, which has the highest concentration of vitamin C in the world, and vitamin C is very vascular. Every ingredient in the men's cereal has to do with testosterone and vascular support. The women's cereal is blended for hormonal balance and estrogen support.

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# Watermelon introduces its savoury side in light salad

## Watermelon, Tomato, Pistachio and Feta Salad



This salad serves four. MIKE MCCOLL, FROM ROSE REISMAN'S UPCOMING OCTOBER 2013 BOOK



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
follow her on twitter  
@rosereisman

Nothing beats a summer salad that combines watermelon, tomatoes and feta.

The balsamic glaze is sensational, and you avoid the calories and fat of oil-based dressings.

Follow directions exactly for dressing. If too thick, just add a little more balsamic vinegar.

### Ingredients

#### Salad

- 4 cups (1 L) baby arugula or baby spinach
- 1 cup (250 ml) small red or yellow grape tomatoes
- 4 cups (1 L) cubed watermelon
- 1/3 cup diced reduced fat feta cheese (2 1/2 oz/75 g)

- 1/3 cup (80 ml) toasted chopped pistachios
- 1/4 cup (60 ml) chopped mint or parsley

#### Dressing

- 1 cup (250 ml) balsamic vinegar
- 1/4 cup (60 ml) maple syrup

1. To make the salad: Place arugula, tomatoes, watermelon, feta, pistachios and mint in a large serving bowl.

2. To make the dressing: In a small skillet, add the balsamic vinegar and maple syrup. Bring the mixture to a boil, and cook at a rapid boil for 8 to 10 minutes or just until the mixture bubbles on the entire surface and is slightly syrupy. Do not overcook, or the syrup will get too thick.

### Health Solutions

## It isn't 'just water'



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Oh, sure, it is 92 per cent water, but the other eight per cent of watermelon is a powerhouse. (And there is no such thing as "just" water anyway). Watermelon is a rare, excellent source of an important amino acid called citrulline, which is key in exercise muscle recovery and the elimination of ammonia.

The red flesh is delicious, but the white rind is even more concentrated in this nutrient. Don't throw it away! Trim the outer skin and save the white, less tasty portion to make a relish that is delicious with a cheese board, on baguette or burgers.

### Watermelon Relish

- 2 cups (500 ml) watermelon rind. Remove the dark-green skin and cut the white part into 1/4-inch (0.6 cm) cubes
- 2 tsp salt (10 ml)

- 2 1/2 cups water (625 ml) and 3/4 cup (185 ml) water, divided
- 1/2 cup (125 ml) sugar
- 2 tbsps (25 ml) lemon zest, finely grated
- 2 tbsps (25 ml) lemon juice
- 1/2 tsp (2 1/2 ml) cinnamon
- 1/8 tsp cloves (0.5 ml)

Mix rind with salt and 2 1/2 cups (625 ml) water. Let stand covered at room temperature overnight. Drain and rinse well.

In saucepan, combine sugar with 3/4 cup (185 ml) water, the lemon zest and juice and cinnamon and cloves. Bring to boil over medium heat, add rind and cook gently for 40 mins. or until the rind is translucent and tender (do not boil hard as the mixture could caramelize). When done, remove from heat and cool. Keep refrigerated.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY OF THE NATIONAL WATERMELON PROMOTION BOARD**



### BREAKING NEWS!

## Grilled Cheese & Ketchup WANTS your VOTE!

Canada created over 600,000 ideas for the next great Lay's flavour, and one of the four finalists is Grilled Cheese & Ketchup by Ottawa's very own Angela Batley. For Canadians who believe in creamy cheddar grilled cheese and tangy ketchup, this is your candidate. Try it today and give it your vote!



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**ANGELA BATLEY** from OTTAWA, ON

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# Canadians on the brink of debt disaster? Bank says the statistics may be flawed



Debunking the numbers is a messy business, but always worth it. ISTOCK IMAGES



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

"Statistics are like a bikini. What they reveal is suggestive, but what they conceal is vital." So said the late Aaron Levenstein, American professor of business.

I'm sure that's what TD Bank analysts commented to each other when they re-analyzed the oft-reported statistics about Canadians' perilous indebtedness.

The numbers go like this: Canadians' debt-to-income ratio is 162, so we owe \$162 for every \$100 of after tax income. This is worrying because Americans ran up a debt-to-income ratio of 163 just before the financial crash.

The falling sky is nigh, say the financial prognosticators, especially in light of Canada's stratospheric housing market.

But TD maintains that the

statistics are flawed. The Canadian figures include interest on non-mortgage debt and out of pocket health-care expenses, neither of which factor in to the American numbers.

When such costs are taken into account, our pre-crash neighbours had a debt-to-income ratio of 177 while we Canadians now stand at 156 per cent.

Certainly reason for concern, but we're not on the brink of Armageddon.

TD's reanalysis begs the question of why bogus, or at least flawed, statistics and conclusions can float around without contradiction, sometimes for decades.

These days surveys, reports and studies are hugely popular with all manner of companies and government agencies (TD, by the way, loves them.)

They're cheap advertising in a time of shrinking media outlets and budgets. For over-worked journalists, predigested research is very attractive.

Often the surveys produce an interesting slice of information about our lives and society. But some are just plain garbage.

A recent one about insurance bothered me and I discovered that most of the information had been lifted from an American study and then Canadianized poorly.

The problem with inaccurate or misleading surveys and reports is that they can create or solidify public opinion.

Take the level of Canadian indebtedness. Our debt level is too high, no question. But when statistics indicate that we're nearing a precipice, the public gets scared.

Worse, politicians leap into the fray and create lousy policies based on faulty assumptions.

I'd like to see a lot more debunking done, along the lines of TD Bank's recent report.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



## Getting touchy feely with robots

ELISABETH  
BRAW

Metro World News

Attention naysayers who predict that robots will never be like humans: the robots just made a huge leap in our direction. Researchers at the University of California, Berkeley, have invented robot skin — and it reacts when touched.

"With the interactive e-skin, we have demonstrated an elegant system on plastic that can be wrapped around different objects to enable a new form of human-machine interfacing," explained Ali Javey, an associate professor of electrical engineering and computer sciences at Berkeley who led the research team.

The e-skin is not really skin, of course: it's flexible plastic.

But its sensors react just like human skin. Lights flash when the skin is touched: softly in response to light touching, brightly in response to more pressure. The plastic sheets can be wrapped around robot limbs.



The e-skin isn't really skin. It's actually a flexible plastic with sensors.

ALI JAVEY AND CHUAN WANG

This will help the android creatures react to human beings. But the purpose of the skin is not to make robots more human. Instead, the researchers envisage it being used in wallpaper that functions like today's touchscreen devices.

"Unlike the stiff touchscreens on iPhones, computer monitors and ATMs, the e-skin is flexible and can be easily laminated on any surface," says the study's lead co-author, Chuan Wang, an assistant pro-

fessor of electrical and computer engineering at Michigan State University.

"I could also imagine an e-skin bandage applied to an arm as a health monitor that continuously checks blood pressure and pulse rates," Wang says.

The results of the study, which was funded by the Pentagon's pioneering research arm, DARPA, were published in the scientific journal Nature Materials.



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# Underachieving Jays willing to make deals at deadline

**MLB.** But fire sale not expected as GM Anthopoulos hopes to contend in 2014

After a busy off-season, the Toronto Blue Jays were expected to be contenders.

Instead they're well under .500, out of the American League East and AL wild-card races and grasping for positives amid a season that hasn't gone according to plan.

"When you're not winning games, it's not good," general manager Alex Anthopoulos said during a recent home-stand. "You're scratching your brain trying to come up with ways to get better."

One way to get better, for next year and beyond, involves selling before Wednesday afternoon's trade deadline. Anthopoulos recognizes the Blue Jays' place at the bottom of the standings, but with the hope of contending in 2014 there might not be many assets available to deal.

"Everyone's in trade mode," Anthopoulos said. "I think anything we do, if we can do something that helps currently, great, but even for the following year as well,

## Setting the bar

The market for reliever trades has already been set.

- On Monday the Los Angeles Angels of Anaheim traded 37-year-old former Blue Jays lefty Scott Downs to the Atlanta Braves for minor-league right-hander Cory Rasmus.
- Also Monday, the Houston Astros traded closer Jose Veras to the Detroit Tigers for 19-year-old outfield prospect Danry Vasquez and a player to be named later.

we'll look to do it. We're having dialogue, but I'd say every player we're having dialogue about are players that can help us beyond the current year."

In other words, don't expect a fire sale of every Blue Jays player who has under-achieved this season. Only three are impending free agents: Starter Josh Johnson, whose value is at an all-time low, reliever Darren Oliver, who's 42 years old, and outfielder Rajai Davis, who's a part-timer relied on mostly for his speed. **THE CANADIAN PRESS**



Rajai Davis, seen here making a leaping catch in Boston on June 28, could be flying out of Toronto if the Blue Jays deal him before the trade deadline. GETTY IMAGES FILE

# Phelps backstrokes into Olympic picture



Michael Phelps GETTY IMAGES FILE

When Michael Phelps walked away from swimming after the London Olympics, he was adamant about one thing: His career was over.

Now, it sounds like he's not so sure.

While saying he's never been happier with his life — and certainly doesn't miss the grind of what it took to become the most winningest

athlete in Olympic history — Phelps left the door open to change his mind before the 2016 Rio Games.

"I don't know what's going to happen in the future," Phelps said Monday. "I don't know what's going to happen tomorrow."

In Barcelona for the world swimming championships, Phelps spoke to The Associated

Press and other international media organizations in a series of one-on-one interviews set up by his sponsor, Speedo. When asked by the AP, yes or no, whether he'll compete at the next Olympics, Phelps coyly said he hasn't planned that far ahead in his life.

That's a striking change from his comments before and immediately after the Lon-

don Games, when he insisted his retirement was set in stone and it had always been his goal to quit swimming before he turned 30.

Phelps will be 31 at the time of the opening ceremony for the Rio Games.

"I don't know. We're in 2013," he said, before adding, "There's nothing in the works right now." **THE ASSOCIATED PRESS**

## Calling out Bolt

### World's fastest man challenged to a race with a twist

Usain Bolt has a new challenger, and maybe even a new distance to think about.

The biggest star in track is being sought out by Mo Farah for a charity race somewhere between Bolt's sprint

specialty and Farah's distance domain.

"It'd be great to be able to do a distance where people vote in what distance will be suitable, and then get a judge and then come in the middle with that distance and train for it," said Farah, who won the 5,000 and 10,000 metres at last year's London's Olympics. "Bolt, are you up for that? Come on, you got to do it." **THE ASSOCIATED PRESS**

## NHL

### Jets ink Bogosian to seven-year deal

The Winnipeg Jets have signed defenceman Zach Bogosian to a seven-year, \$36-million US contract.

Bogosian was the Jets' final restricted free agent who needed a new deal. He'll count just more than \$5.14 million against the

salary cap. Last week the

Jets signed right-winger Blake Wheeler to a six-year, \$33.6-million contract. They also gave restricted free-agent centre Bryan Little a five-year, \$23.5-million deal.

**THE CANADIAN PRESS**



Zach Bogosian GETTY IMAGES FILE

## Getting brotherly love



"I'm not one for emotion, but this is pretty tough."

Donovan McNabb whose voice cracked and eyes watered as he gave his retirement speech on Monday in Philadelphia. McNabb was a six-time Pro Bowl quarterback for the Eagles.



## Horoscopes

### Aries

March 21 - April 20

Make the best use of every minute of your time today. What you do is important, but how you do it is even more so right now. Why? Because influential people are watching.

### Taurus

April 21 - May 21

Partnership problems must not be allowed to detract from the wonderful opportunities now coming your way. If there are any outstanding squabbles, you must deal with them now.

### Gemini

May 22 - June 21

People are going out of their way to be nice to you and you should go out of your way to return the favour. Fun is for everyone but especially for you.

### Cancer

June 22 - July 23

Why are you hesitating to start something you know you will enjoy — and which could make lots of money? Whatever the reason, you've got to get over it or you will look back later and regret that you were not more dynamic.

### Leo

July 24 - Aug. 23

There are major changes going on around you and the good news is every one of them can be used by you to further your interests. Whatever else you do today don't fear change — make it work for you.

### Virgo

Aug. 24 - Sept. 23

It seems you are focusing on things you fear rather than things you have to look forward to. That's silly and you know it. Everyone else thinks you're a star, so why don't you? Start acting like one today.

### Libra

Sept. 24 - Oct. 23

Fate has a way of giving us what we need, though whether we want it at the time is another matter, of course. What happens today may shock you but it will also inspire you to aim higher.

### Scorpio

Oct. 24 - Nov. 22

Today's Venus-Pluto link will bring back your passion for something you seem to have forgotten about for a while. This time you'll give it your undivided attention, and this time you'll see it through.

### Sagittarius

Nov. 23 - Dec. 21

These may be fun times but you should also be giving some thought to what changes you would like to see. They must, of course, be serious changes. Going through the motions won't be any good.

### Capricorn

Dec. 22 - Jan. 20

You'll be moving around today, in pursuit of things you have set your heart on. Remember that not everyone shares your taste in possessions.

### Aquarius

Jan. 21 - Feb. 19

The planets are urging you to put bad feelings behind you and patch up a relationship that still has a lot of mileage in it. You have come so far together, surely you can go all the way to the finish line.

### Pisces

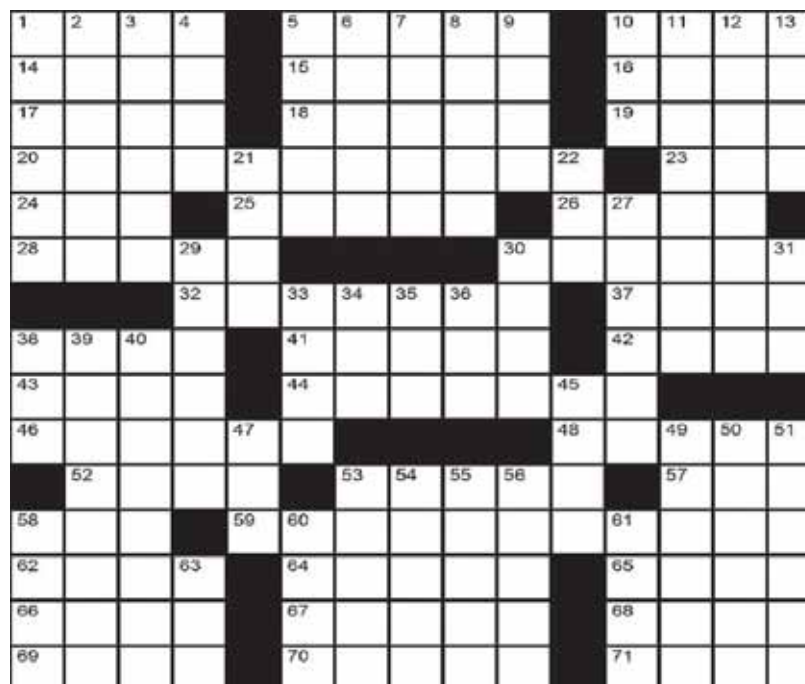
Feb. 20 - March 20

You may not like having to say "no" to people who depend on you but if you don't it will be you who loses out. Haven't they been depending on you a bit too much? **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. French miss [abbr.]
5. CNBC's "The Suze \_\_\_ Show"
10. Goes for
14. Attack, like a lion
15. Lift with might
16. Golfing hazard
17. Ponder
18. Year's historic record
19. "The Bridges at \_\_\_ Ri" (1954)
20. Canuck sweet treats
23. Animal's health pro
24. Mork's planet
25. Stands for
26. Norse deity
28. Old Testament hymn
30. Argentina's capital, \_\_\_ Aires
32. "Oh, puh-leeze." gesture
37. Be goofy, \_\_\_ fool
38. Some TVs
41. Sound
42. Depilatory brand
43. Sequences, for short
44. Rise, as a hill
46. Ump's call, "\_\_\_!"
48. Actress Eva
52. Succeeds
53. City in Quebec
57. Pirate's positive
58. Pre-A.D. time



- alternative
59. Job title for "The Da Vinci Code" (2006) character Robert Langdon
62. "Casablanca" (1942) role, Ilsa \_\_\_
64. "Let's take \_\_\_." (Pre-show-of-hands comment)
65. Opera voice
66. Spewer of Sicily

67. Point-to-turn on
68. Stagger
69. Hand-me-down
70. City of Tuscany in Italy
71. Roger McGuinn, as a band member

### Down

1. Hanson hit
2. Matt of morning TV talk, and others

3. Capital of Zambia
4. Distance above sea level [abbr.]
5. Windy City airport
6. Hertz \_\_\_ -Car
7. NB's Grand \_\_\_ Island
8. J' \_\_\_; Nous avions; Vous aviez...
9. Jodie Foster movie
10. Cdn. capital
11. Canada's one-

- of-ten
12. Heed: 2 wds.
13. Predicament
21. Actress Ms. Rossum
22. Old French coin
27. Ms. Durbin (Winnipeg-born star)
29. Learning session
30. Count Basie's "Blee \_\_\_ Blues"
31. Roosted

33. Restaurant chain, \_\_\_ Side Mario's
34. Groove
35. "\_\_\_ to Billie Joe" by Bobbie Gentry
36. "Why'd You \_\_\_" by Colin James
38. Mr. Rogers of Westerns
39. "Sh-Boom": '50s hit for Toronto quartet The \_\_\_
40. Ms. Clarkson, Canadian journalist who became Governor General
45. "L'Espresso my \_\_\_!" (Famous commercial slogan)
47. Battleship letters in The States
49. Canadian sprinting great/Olympian, Donovan \_\_\_
50. Prairie \_\_\_, Canadian country band
51. Narrated again
53. Nero's 2007
54. Over
55. Boarded the bus: 2 wds.
56. "Get Here": Early-'90s hit for \_\_\_ Adams
58. Cordon \_\_\_
60. High-pitched barks
61. Outfit
63. Pop

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



**Today**

23°/15°  
Variable

**Wednesday**

26°/17°  
Partly cloudy

**Know what the weather will be 14 days from now.**

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